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WINNIPEG metro®
Thursday, August 11, 2011
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News worth sharing.

‘Fear and anxiety’ remain after fires in Fort Rouge

Police say cadets worked ‘countless hours’ in area to help protect against arson

JAMES TURNER/METRO

▶ Winnipeg Fire Paramedic Service deputy chief Bill Clark presents Fort Rouge residents with plans for a community arson-prevention partnership at a meeting yesterday evening.

“Report, report, report.”

Or so said an oversized sheet of paper displayed at the front of a town-hall-style meeting at the Earl Grey Community Centre last night.

Right below that message was the phone number 986-6222 — the non-emergency police line officials are hoping Fort Rouge residents will call if they spot suspicious activity.

The hottest topic in the community these days is the one being discussed: arson.

And while residents — shaken by a rash of suspicious fires from late May through July — are breathing easier knowing police have arrested a suspect, there are still frowns of worry on many of the 100 or so faces in the crowd.

“There is so much fear and anxiety we’re feeling,” one woman living next door to a recently torched Hector Avenue home told a panel of fire officials, police and area city Coun. Jenny Gerbasi.

“Until you live it, you can’t even explain it,” she said.

Officials spoke of preventative measures people can take to ensure they don’t become easy “targets of opportunity” for an arsonist. They included cleaning yards of debris and scouring for other problem areas.

Bill Clark, deputy chief of operations for the Winnipeg Fire Paramedic Service, said officials are doing all they can to keep the community safe but he added the goal was to get everybody on board with arson-prevention plans.

“Prevent it. Stop it. Slow it. Reduce it. Do whatever we can to make arson more preventable,” Clark said.

However, it was the Winnipeg Police Service’s representative who faced the largest number of questions — many of them relating to a perceived lack of resources in the area.

Many have called for increased patrols in the wake of the fires.

Dennison was upfront about resource challenges the service faces but he stated the service has an “action plan” being rolled out to address crime concerns in select areas like Osborne Village.

“Of course we don’t have enough. Of course not — we’ll never have enough. That’s the nature of policing,” he said.

JAMES TURNER

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On the web at metronews.ca

Although Canada faces risks because of global economic volatility, Jim Flaherty says he still plans to balance budget by 2014. Video at metronews.ca

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Keep property clean, fire chief urges

Winnipeg fire officials continue to call on the public to keep their property clean of debris after four fires early yesterday caused roughly $120,000 in damages in St. James.

As well, the city's Arson Strike Force continues to press for clues as to who is behind a rash of suspicious fires across a number of city neighbourhoods in recent days, said Winnipeg Fire Paramedic Deputy Chief Ken Sim.

Sim said officials are "very concerned" about an escalation of arsons pushing out into the suburbs, and suggested it's pure luck there's been no loss of life. The fires are typically breaking out at nighttime when people are asleep, putting them at extreme risk.

Along with St. James, the Charleswood, St. Charles and St. Boniface areas have also seen unusual fires of late, Sim said.

"It's not an individual.... It's perhaps several individuals that are participating in this," Sim said.

"This could be tragic if it continues and we want to stop it." **JAMES TURNER**

JAMES TURNER/METRO

▶ Winnipeg Fire Paramedic Service deputy Chief Ken Sim.

St. James hit by more arson

After two recent suspicious fires, four overnight blazes fuel concerns

ELISHA DACEY
@METRONEWS.CA

Winnipeg firefighters were kept busy overnight yesterday after four more arsons in west Winnipeg, including at a local community centre.

The Sturgeon Heights Community Centre on Rita Street, which is still undergoing construction next to the old Sturgeon Creek Community Centre, saw vandals torch materials inside the building at about 4:20 a.m.

Smoke damage throughout the building is estimated to be at least $5,000, although the facility manager, Barry Chambers, told media the damage could run as high as $200,000 due to the building's LEED certification standards.

There are signs outside stating the building is under security video surveillance.

Firefighters were called to two more locations on Thompson Drive, including a dumpster fire near Portage Avenue and a fire that destroyed a garage and several vehicles near Nightingale Road. Then a fourth fire happened on Buchanan Boulevard where another garbage bin beside a garage was torched.

String of fires

- The fires are only the latest in a string of arsons in the area.
- A suspected arson caused $750,000 damage to a townhouse complex on Fairlane Avenue Tuesday morning.
- On Sunday, an arson saw several golf carts torched at Assiniboine Golf Club on Ness Avenue.

ELISHA DACEY/METRO

▶ Charred materials sit inside the Sturgeon Heights Community Centre.

Two teen girls charged in gruesome carjacking death

Two teens girls, aged 15 and 17, are now facing homicide charges after the gruesome death of a woman on Sandy Bay First Nation.

RCMP say Roberta Dawn McIvor, 32, was fatally injured after an attempted car-jacking went terribly wrong. McIvor was apparently asleep in her vehicle when the two girls tried to steal it.

"The victim was removed from the vehicle and was fatally injured when the vehicle drove away," the press release states.

Family members told media McIvor had been decapitated.

The girls, both from Sandy Bay First Nation, have been charged with manslaughter. They will appear in court in Portage la Prairie over the next month. **METRO**

News in brief

New meat-plant system risky, inspectors say

AGRICULTURE. The union representing federal meat inspectors says a new system for inspections at meat plants in Manitoba, B.C. and Saskatchewan could leave consumers at risk.

Agriculture Union president Bob Kingston says the federal government plans to abandon its responsibility to inspect meat plants in those provinces and leave the provincial governments in charge of their own inspections.

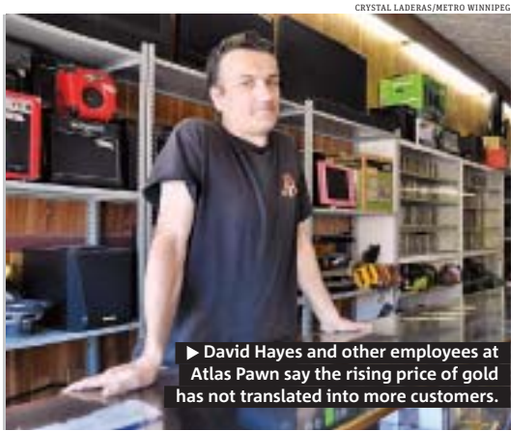
The inspectors check for E. coli, listeria, salmonella and other contaminants. **THE CANADIAN PRESS**

Local pawn shops not seeing a gold rush

- Price of precious metal reaching record highs
- Local pawn shop owner predicts high prices won't last

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

CRYSTAL LADERAS/METRO WINNIPEG



▶ David Hayes and other employees at Atlas Pawn say the rising price of gold has not translated into more customers.

Despite the recent rise of the price of gold to record values, Winnipeggers apparently aren't cashing in.

Gold futures closed at $1,784.30 US per ounce yesterday afternoon, but that hasn't translated to higher traffic at local pawn and money-trading shops that pay for gold.

"No, I wouldn't say that it's more," said Jason Shinkarik, owner of Atlas Pawn on Main Street.

Shinkarik said he doesn't expect more people cashing in their old gold because he believes this week's price isn't staying put for long.

"If you've noticed the American dollar is on par with Canadian. It's gone up four and a half cents, gold has jumped $102 in two days.... It will go down. It's like a yo-yo," said Shinkarik, balancing his hands back and forth in demonstration.

A second Main Street pawn shop said they didn't see any difference in the number of people looking to offload their old gold either.

"Everything in history goes through a cycle."
JASON SHINKARIK, OWNER OF ATLAS PAWN ON MAIN STREET

Pulled. Pork

▶ Ken Wollman of Danny's Whole Hog carves a 170-pound hog for guests of Siloam Mission.

CRYSTAL LADERAS/FOR METRO

Free meal at the mission

The smokehouse teamed up with FAB 94.3 yesterday to provide the barbecued pig, sides of coleslaw, baked beans and salad for about 350 lunch guests.

Moving. Pictures

▶ Alan Rempel, 14, gets behind the camera as Dagen Perrot, 14, left, and Tim Sinclair, 15, make a stop-motion movie in the Exchange District yesterday as part of a Winnipeg Film Group workshop for teens.

JAMES TURNER/METRO

Aspiring filmmakers get their shot

Man who shot wife faces new charges

JAMES TURNER
@METRONEWS.CA

A Winnipeg man who recently avoided a jail sentence for shooting his wife in the face has been charged for allegedly pointing a fake gun during a neighbours' dispute over a barking dog.

Police recently rearrested the 62-year-old man at his home on weapons charges and for breaching conditions of a probation order by drinking alcohol.

He made his first formal court appearance Tuesday.

Police said the man complained to a neighbour that their dog was "bothering his party."

The man allegedly brandished and pointed a replica handgun after he lifted himself up on a fence, prompting a call to 911.

"I don't know who he points the gun at — whether it's the neighbour or the dog, I'm not sure," Const. Jason Michalyshen said.

A large number of police units flooded the area to make the arrest.

During a brief hearing, the man said "that thing is a pitbull and my wife can't sleep at night."

In November, he was convicted of aggravated assault after he shot his wife in the face after a drinking binge in 2008. Miraculously, the woman survived and forgave her husband for what happened.

He was sentenced to a few months of time served on remand pending the outcome of his case and three years of supervised probation.

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Robbed — by callous 'Good Samaritans'

The video has become synonymous with London's rioting: A young man, bleeding and dazed from a mugging, is helped from the ground by youths — who promptly unzip his backpack and callously make off with its contents.

But who is he?

The young man is 20-year-old Malaysian accounting student Mohammad Asyraf Haziq, who was cycling with a friend in east London on Monday to a gathering to break his Ramadan fast, said friend Dzuhair Hanafiah.

The details are as chilling as the video. First, about 20 teens and preteens surrounded him.

Then they grabbed his bike, took his cellphone and broke his jaw, Hanafiah said yesterday.

"The next thing he remembered, his mouth was full of blood," said Hanafiah, a member of the London Umno club, a society for Malaysian students.

The video of the attack on Haziq went viral and has become one of the most memorable scenes from four days of unrest.

Hanafiah said Haziq was helped by a local woman who brought him into her home. Using Facebook, she helped him contact a friend. Finally, he got to a hospital.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ In this image from an amateur video, a gang of youths surround Mohammad Asyraf Haziq.

PM won't bow to 'culture of fear'

Britain's Cameron warns rioters he'll fight: 'Nothing is off the table'

Britain's prime minister hammered out a tough line against rioters yesterday.

David Cameron promised not to let a "culture of fear" take hold.

"We needed a fightback and a fightback is underway," Cameron said in a sombre TV statement outside his Downing Street office after a meeting of the country's crisis committee.

And he warned "nothing is off the table" — including a water cannon, used in Northern Ireland but never deployed in mainland Britain.

Cameron has recalled parliament from its summer recess for an emergency debate today.

Four days of riots and looting across the nation have both outraged and frightened citizens.

LONDON: An eerie calm prevailed yesterday as thousands of extra police flooded the streets.

Scenes of ransacked stores, torched cars and blackened buildings marked the capital.

805

The number of arrests so far in London. Courts are being staffed around the clock to process looters, vandals and thieves — including one aged 11.

BIRMINGHAM: Police launched a murder investigation into the deaths of three men hit by a car.

Residents said the dead men, aged 21 to 31, were members of the South Asian community who had been patrolling their neighbourhood to keep it safe from looters.

"They lost their lives for other people, doing the job of police," said witness Mohammed Shakiel, 34. "They weren't standing outside a mosque, temple, synagogue or church — they were standing outside shops where everybody goes.

"They were protecting the community."

LIVERPOOL: Local Premier League rivals Liverpool and Everton issued a joint appeal yesterday for the violence in the northern city to end.

THE ASSOCIATED PRESS

RUI VIEIRA/PA/THE ASSOCIATED PRESS

▶ Tariq Jahan holds a picture of his son Haroon Jahan, who died after being knocked down by a car along with two other men while protecting their community from looters.

Muslims urged to launch web war

Militant online forums are abuzz with calls to Muslims in Britain to launch Internet campaigns in support of the British rioters and to urge them to topple the government.

Dozens of contributors yesterday suggested Muslims in Britain should flood social media websites such as Facebook and Twitter with slogans and writings inciting the British youth to continue rioting.

One contributor says the rioters should adopt slogans similar to those used by Arab protesters during the uprisings in the Middle East this year.

One contributor says "chaos is useful to militants in London."

THE ASSOCIATED PRESS

Norway killer convincing police he's a loner

Anders Behring Breivik was a loner, investigators increasingly believe.

The man who confessed to killing 77 people in last month's attacks in Norway planned and committed them on his own, a prosecutor said yesterday.

Breivik detonated a bomb outside government buildings in Oslo on July 22, killing eight people. Then he shot dead 69 others at a youth camp on an island outside the capital.

There was initial speculation that others were involved in the attack.

But prosecutor Christian Hatlo said that after 40 hours of questioning, police are fairly certain Breivik acted alone and that he appears to be telling the truth.

Hatlo said police have been able to verify much of what Breivik told them about the attacks, and they had not discovered "any direct lie, yet."

"That is also why we, with a certain confidence, can say that he was alone, but I have to emphasize that we have not concluded yet," Hatlo said.

THE ASSOCIATED PRESS

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▶ Anders Behring Breivik

News in brief

Radical group behind bombs?

MEXICO CITY. An anti-technology group has issued a manifesto claiming responsibility for at least two bombings that injured two professors in Mexico and praising the so-called Unabomber whose mail-bombs killed three and injured 23 in the United States.

THE ASSOCIATED PRESS

Cocaine a bolt from the blue

BUENOS AIRES. Customs officials say a man with a box of metal bolts in his baggage tried to board a flight to South Africa. Agents found the hollowed-out bolts hid 45 pounds of cocaine.

THE ASSOCIATED PRESS

Determined Filipino family ignores skeptics to succeed in Canada

When Erick Alfonso meets immigrants who feel overwhelmed, he gives them hope by telling his own family's story. In fact, the Manila native and his wife achieved personal success in a remarkably short time, by ignoring skeptics who scoffed at their Canadian dreams.

Now working as a Manager of Customer Service at Scotiabank in Calgary, Alberta, Erick remembers how friends discouraged them from immigrating to Canada with their five young children.

"They told us that you need Canadian experience to find a job," recalls the former IT project manager at a Philippine bank. "But we decided to try because we knew it was a good country to raise our kids."

Upon arrival in Canada in 2006, the Alfonsos discovered that many Filipino compatriots were juggling low paying jobs to survive. While Erick also took a temporary factory job to pay the bills, he refused to give up hope.

"A friend told me to open my first bank account at Scotiabank, and the teller was so helpful that I decided to submit my resumé," recounts Erick. To his amazement, the branch manager hired him within a month as a casual teller, and two months later, gave him a full-time customer support role.

"I was lucky that Scotiabank gave me the chance to prove myself," notes Erick, who has risen through the ranks and now serves many Asian customers at Calgary's Castleridge Centre Branch. "I can relate to them because I remember arriving with no bank account and no permanent address. The Scotiabanker explained everything to me, and I try to do the same for others today."

For example, Erick recommends the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. He also provides plenty of first-hand financial advice.

"Since many newcomers arrive with personal savings, I help them invest their savings wisely, including short-term investments such as a Tax-Free Savings Account (TFSA), which lets them earn tax-free income that they can access later for other needs," says Erick.

He also explains the importance of building a Canadian credit history. "Some newcomers are afraid to use a credit card, but I tell them how it can help them achieve other goals if they use it responsibly."

Erick also gives pep talks on job searches, based on his experience and that of his wife, Maria Rosario, who within a year moved from a temporary accounting job to accounting manager with a local firm.

"We didn't do anything special, but we were determined. By believing in ourselves and supporting each other, we got through each difficulty," says Erick. "It is possible – If you show what you can do, you can build the right connections and open the door to a new life in Canada."

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MYANMAR

Senators: Rape used as weapon

A group of women senators in the U.S. say Myanmar's military is using rape as a weapon of war in its conflicts against ethnic minority militias.

The 13 senators urged U.S. Secretary of State Hillary Rodham Clinton in a letter yesterday to support establishment of an international commission of inquiry into war crimes in the Asian nation.

They cited reports that 18 ethnic Kachin women and girls were gang-raped by Myanmar soldiers during recent fighting that ended a 17-year ceasefire with Kachin forces.

The bipartisan group of senators expressed solidarity with democracy leader Aung San Suu Kyi, who has also voiced concern over the use of rape by Myanmar forces.

THE ASSOCIATED PRESS

Desperation escalates in northern Kenya

- Mothers of malnourished children tussle in hospital queue
- Number of kids being treated for acute malnutrition triples

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

▶ Relatives of Ibrahim Shegow of southern Somalia watch as he lowers the body of his seven-month-old boy into a grave in a refugee camp in Mogadishu, Somalia, yesterday. Somalia's desperation is spreading to neighbouring Kenya.

The two mothers exchanged blows as they held their wailing infants in their arms after one of the women tried to cut in the long line for children to receive treatment for severe malnutrition.

The women faced off a second time after passing their children to onlookers amid the melee: The younger woman headbutted the other to the ground before hospital personnel intervened.

"She ordered me to move after she cut the line and I have been here since dawn. I could not let her," said one of the women who only identified herself as Chipure.

The incident at the Kakuma Mission Hospital illustrates the growing desperation in northern Kenya, as a famine in neighbouring Somalia that has killed tens of thousands draws an international aid effort. At least five people are reported to have died here in Kenya's Turkana region, one of the most remote and marginalized areas in the country, where people depend on herds of animals that are dying from the drought.

According to the UN children's agency, a little more than half of the population here consumes just one meal a day. The hunger crisis is so bad that families here are even sharing food supplements given to infants.

The temperature here can hit 40 degrees Celsius, and 20 litres of water costs a third of John Ekidor's daily wage.

"The last time I took a bath was a week ago," said Ekidor, 33, who supports his family of eight by panning for gold. "Eating one meal a day is now a matter of chance."

THE ASSOCIATED PRESS

A flood of droughts

Droughts are common in Kenya, but over the last decade they have turned much more frequent. Before they occurred in five- or 10-year cycles but now they are coming every two years — or even more frequently.

Dr. Joseph Epem, the medical officer in charge of the largest government hospital in the region, says cattle rustling and border conflicts also have forced people living in areas where food can be grown to move to safer areas that are infertile.

He says his own family was forced to move from a fertile area near a river where they used to grow crops after their neighbour was killed.

THE ASSOCIATED PRESS

Slave Lake aid lands in dump

A Calgary garbage hauler says he was sickened when he found a truckload of items marked for Alberta wildfire evacuees at a city landfill this week.

Nielsen, who owns DumpRunner Waste Systems, says the boxes were clearly marked for donation to relief efforts in Slave Lake, Alta., where fires earlier this year left hundreds of people homeless.

THE CANADIAN PRESS

What a waste

- The driver said there were video games, children's clothing still on the store hangers, a crib, coats and new blankets.

Families get cash after morgue error

An Ohio county will pay more than $68,000 to families whose dead children got mixed up by the morgue, which resulted in the wrong one being cremated.

THE ASSOCIATED PRESS

Hawk flies back into the wild

A red-tail hawk that fought to stay alive after being burned by a methane flare at an Edmonton landfill site last year was released back into the wild yesterday.

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CHANGING THE CHANNEL

Viewers hang up on pay TV

The weak economy is hitting Americans where they spend a lot of their free time: They're cancelling or forgoing cable and satellite TV subscriptions in record numbers.

In a tally by the Associated Press, eight of the nine largest pay-TV providers in the U.S. lost 195,700 subscribers in the April-to-June quarter. That's the first quarterly loss for the group, which serves about 70 per cent of households. It amounts to 0.2 per cent of their 83.2 million video subscribers.

The chief cause appears to be persistently high unemployment and a housing market that has many people living with their parents, reducing the need for a separate cable bill.

But it's also possible people are turning to cheap Internet video. If that's the case, viewers can expect more restrictions on online video, as studios seek to get paid for what they produce.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 89.63 (12,198.89)	- 1.64¢ (100.52¢ US)	+ $3.59 ($82.89 US)	$4.003 (+ 0.9¢)	$1,784.30 (+ $41.30)

Full steam ahead on cuts

Finance Minister vows to 'stay the course' to balance budget by '14-'15

Canada's economy remains stable and growing despite volatile global markets, but the uncertainty poses risks for the country, Finance Minister Jim Flaherty says.

However, Flaherty said yesterday that he will stick with his plan to balance the government books by 2014-15 in part by finding $4 billion in annual savings in spending.

"In an uncertain global economic situation one of the strategic contributions that the government can make to bolster confidence and growth in Canada is to maintain our strong financial and fiscal position," he said.

Flaherty said U.S. and European difficulties have not prevented the Canadian economy from performing "relatively well."

The comments follow several days of market upheaval that has seen the Toronto stock market drop sharply.

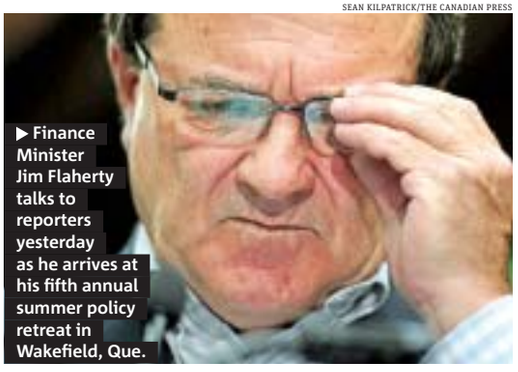
Peggy Nash, the NDP finance critic, said Flaherty isn't doing enough to cushion the economy from another slump. "What we would have liked to have seen was a little more flexibility on the part of the minister," she said.

"We know that the government has a plan in terms of cutting public spending and deficit reduction, but what we don't need right now is rigidity or even an ideological approach to our finances."

Nash said Flaherty should be looking at infrastructure spending as a way of stabilizing the economy.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Finance Minister Jim Flaherty talks to reporters yesterday as he arrives at his fifth annual summer policy retreat in Wakefield, Que.

Mood swing

- **The mood of business** leaders has slipped due to their less optimistic outlook for the Canadian economy, the Conference Board of Canada said yesterday.
- **The business confidence** index, compiled during the last three weeks of June, stood at 103.7, down from 106.2 last quarter and 109.5 in the fourth quarter of 2010.
- **The Conference Board said** business leaders remained generally positive on their financial position and profitability, but predictions about the Canadian economy had worsened.
- **Just 30.9 per cent believed** economic conditions will improve in the next six months, down from 40.6 per cent last quarter.

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WHAT TO SAY WHEN DEATH IS STARING AT YOU

HE SAYS ...

JOHN MAZEROLLE
METRO

As The Guy Who Almost Died, I have important lessons to teach you about life and death.

First, it's never a good situation when you're hoping for phlegm.

That's what I'm doing as I write this in an ER, hoping that my dry cough will change to something grosser — something a teenage boy eating Oreos would be proud to expectorate.

I have a blood disorder that nearly killed me several years ago, and the only persistent symptom was a dry cough. It brought to mind those Hollywood roles in which blonds supposedly on death's door cough tasteful amounts of blood into a white kerchief.

But eventually my symptoms progressed to waking up under my desk thinking, "This isn't good." If you develop the keen medical eye I have, you'll come to recognize that as a bad sign.

With this background, I prefer coughs to be horrible phlegm-filled monstrosities, because then I know I have a cold. When I have a dry hack with no other symptoms, I start hiding my more embarrassing sex-related possessions and making sure I'm wearing clean underwear.

"It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?"

As you can see, my Guy Who Almost Died wisdom runs deep. As such, I offer the following life lessons to save you the trouble of nearly dying. You're welcome.

Loved ones rock: People overplay how important it is to have a positive attitude when sick. It's like the train jumped the tracks and everybody's talking about how brave you were when all you did was hold tight and say, 'Whoooooaaah.'

On the other hand, it made a big difference for me to see family and friends around me smiling and happy, as opposed to the doctor who (I swear) kept looking back and forth between me and the body bags.

Victimhood sucks: I joined a Facebook group for survivors of my condition, but it was mostly people talking about how they'd never live without fear again. What's the point?

It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?

Love your body: People who look in the mirror and say, "I hate my body" because it's not perfect deserve a slap. People with, say, ALS can hate their bodies if they so choose.

You have to love yours. That's a rule.

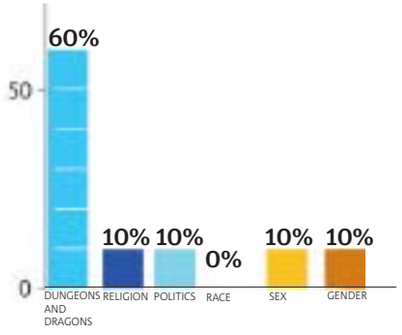
Even love the bad stuff. Especially the phlegm. Cough, cough, ahem.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What taboo topics do you and your friends never talk about?



Local tweets

- **@benjimenk:** Winnipeg might just lead the leauge in hot girls #bestincanada
- **@deonwysocki:** Currently the most successful #musicproducer in #Winnipeg. That is of course if you gauge success by how much #freebeer you get paid in lol
- **@Lindsay_Warner:** A new study today says hand sanitizer is no substitute for hand-washing. It is also not a substitute for vodka Winnipeg. ; P
- **@thewinnipegger:** @DavidEngbaek i know folk here that'll ask for a discount on a already discounted item. Winnipeg doesn't got a reputation for nothing.
- **@sonjapeds:** --if you think Winnipeg is ghetto, please leave Winnipeg. Don't talk trash. You live here too which doesn't make you any better—
- **@WSchlagel:** Does the Winnipeg Jets logo matter? ALL the Canucks logos have sucked, especially the orca, but fan support and $ales have not suffered.
- **@macgregorcait:** When people do #FF I assume it's Friday and then I wonder how I lost a few days of my life.

Worth Mentioning

TOMATOES. Any way you slice it, the tomato is one confusing comestible.

Is it a fruit or a vegetable? This is the kind of thing that can spark quite the argument, with both sides passionately supporting their claims. Oddly enough, both are right, at least according to the USDA's Economic Research Service. Yes, botanically speaking the tomato is a fruit, but horticulturally and legally it is considered a vegetable.

This debate has been adjudicated by none other than the U.S. Supreme Court. It happened in the late 19th century in connection with a challenge to tariffs on imported produce. The high court ruled that despite the botanical definition, tomatoes are a vegetable, in part because at the tables of the time they were served as "the principal part of the repast" and not as dessert.

No telling what the justices would have done in today's envelope-pushing culinary world of tomato jams and gelatos.

In the U.S., today's tomatoes are mainly tariff-free since those that aren't grown domestically are mostly imported from Mexico and Canada, which are covered by the NAFTA free trade zone.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Somebody has been eating her porridge...

A woman who turned her rural Northern California home into a spa for wild bears won't go to jail.

The San Francisco Chronicle reports that Lynne Gravier of Laytonville pleaded guilty Monday in Mendocino County to a misdemeanour charge of feeding big game.

However, prosecutors agreed to drop the charge in three years if Gravier agrees to stop her bear feeding.

Gravier says she's glad it's over.

The 77-year-old woman set out a wading pool and bought thousands of pounds of food to feed her guests with corn meal and peanut butter sandwiches.

Neighbours complained that the bears killed livestock and broke into homes.

Last year, authorities found 15 black bears at Gravier's home. The filthy house was condemned, and Gravier now lives elsewhere.

THE ASSOCIATED PRESS

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Basking in a harsh light

Son of the Sunshine film stars former local Ryan Ward plays a man dealing with Tourette's

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

In his first feature length film Son of the Sunshine, former Winnipegger Ryan Ward explores his own discontent through a misunderstood mental disorder.

"I was feeling disillusioned with my life and where my career was going and I saw this man on the subway who was barking, twitching and freaking out as far as I could tell," says Ward, 32, from his home in Toronto. "I was intrigued, so I went home and looked it up and realized he had Tourette's syndrome. It clicked for me at that moment. Tourette's is the perfect metaphor for an angry young man searching for his place in the world."

The film — which premiered at Utah's Slamdance Film Festival in 2009 — follows Sonny Johnns; a young man with Tourette's who undergoes an experimental medical procedure to eliminate his chronic physical and vocal tics.

To properly play Sonny, Ward consulted the Tourette Syndrome Foundation of Canada and individuals with the neuropsychiatric disorder.

"It was really important to me to be as accurate as I could and have as many idiosyncratic details that depict the disorder so it wouldn't feel like I was just glossing over," says Ward.

While Ward was careful not to disguise the disorder, he does add a surrealistic element. After his surgery, Sonny loses a strange, supernatural ability.

"I didn't want to make a straight drama about a guy with Tourette's, like an 'It's OK to have Tourette's' public service announcement," says Ward. "Everything in the film is heightened to make the light at the centre brighter. It's a metaphor for how there is something magical about yourself as you are and if you can only find it you will be able to love yourself and others."

Son of the Sunshine screens at Cinematheque on Aug. 12, 13, 14 and 17.

Following the Aug. 12 screening there will be an indie-film acting panel discussion featuring Ward, Sarah Constible, Ernesto Griffith, Darcy Fehr and Stephen Eric McIntrye. All shows are at 7 pm.

HANDOUT

▶ Son of the Sunshine screens at Cinematheque starting on Aug. 12.

Shows

Comedy meets rock 'n' roll

Events Comedy and rock 'n' roll join forces in The Placeholder Show, Saturday night at The Standard Tavern. Featuring: Funny videos! A game show! The Thrashers! Door prizes! Surprise guests! Exclamation points! Admission is $5. Show time is 9:30.

Getting fans closer to Glee

Stars of hit show talk about the challenges of doing a live concert film And in 3D no less

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

For most television actors, the months between filming seasons of a show is a time for vacation or squeezing in film roles.

For the Glee kids, not so much. Instead, they hit the road to tide their fans over until new episodes hit the air.

And now the cast makes the jump to the big screen with Glee: the 3D Concert Movie, a best-of mix of their stadium tour that took them across the U.S. and to Europe during their summer off.

While the live tour isn't a new thing for the Glee cast — they did the same last summer — the experience of playing to 20,000 fans a night isn't something they find easy to get used to.

"It is different because on a set it's closed off. I think crowds are a little more forgiving than your script supervisor," says Darren Criss, who plays Colfer's private school-attending boyfriend Blaine.

The concert film also features some cute backstage interviews with the cast, done as their on-screen characters — an acting exercise that proved more difficult for some, it turns out.

"It's hard. I definitely blew it a couple of times," Criss says.

In one particularly humorous moment, Michele's Rachel is told that her idol, Barbra Streisand, is in the audience that night, which renders her speechless.

Michele admits real life isn't that far off.

"I did get to meet her," she says. "I held it together and cried when she walked away."

Backstage interviews aside, Michele says keeping in character on tour wasn't a priority.

"Some of us onstage, if they wanted to really embody their characters, they did," she says. "I feel like I did a nice blend of Rachel and of Lea while I was on stage performing. We are our characters, but when we walk off stage we are definitely ourselves."

HANDOUT/THE ASSOCIATED PRESS

▶ Want a way to feel closer to your favourite characters on Glee? Now you can as they're coming in 3D.

News in brief

Alec Baldwin says he's thinking of running for mayor of New York, but not until he learns more about the job. The 30 Rock actor tells The New York Times he'll sit out 2013 but will consider running in a later election.

THE ASSOCIATED PRESS

Reality show star's lawyer says Teen Mom 2 drug test led to probation violation charge

Angie, kids hide out in London

Brangelina brood in city while Brad films World War Z Angelina nervous about this week's rioting, but has taken the children out

Angelina Jolie reportedly wasn't too happy staying in London while Brad Pitt films World War Z — and that was before this week's riots broke out.

"Angie was a little nervous, but felt safe," a source says.

The riots began amid anger over a fatal police shooting

"She was really scared and worried about the safety of the kids, but, as the day has gone by, we've been able to get a clear picture on what's going on. She felt safe enough to take the children out. Of course, we are not going anywhere near central London."

The family is staying in the suburb of Richmond, while Pitt is currently shooting on the coast.

"Brad is worried," the source says.

"He's pretty safe because he's in Falmouth, but knowing Angie and the kids are in London is what's making him worried.

METRO

ALL PHOTOS GETTY IMAGES

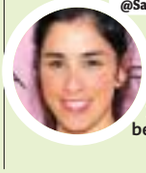
Angelina Jolie and Brad Pitt

Celebrity tweets

"U.S. credit got downgraded. Guess we're like the Associate Producer of superpowers now."
@eliroth

@rustyrockets
"My mum is on twitter. Is this good? Follow @mummyrusty we'll just have to hope it doesn't get weird."

@edgarwright
"I wonder if sharks have 'People Week'"


@SarahKSilverman
"I really think last year's gonna be my year."

Jennifer Aniston

Aniston ready to settle down

Jennifer Aniston and boyfriend Justin Theroux are reportedly on the fast track to settling down together, according to Us Weekly.

"They have talked at length about getting married and starting a family," a source says of the pair, who are currently vacationing in Hawaii.

"She is anxious for the next phase of her life and feels like this is the time. They both want it to happen soon," the source added.

"She is anxious for the next phase of her life and feels like this is the time. They both want it to happen."

SOURCE CLOSE TO JENNIFER ANISTON

METRO

Hathaway purrs at cattiness

With the first image of her as Catwoman released from the set of the Dark Knight Rises, Anne Hathaway knows what people think.

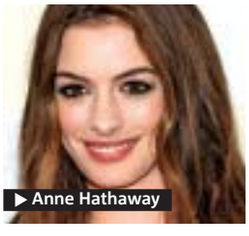
Hathaway confronted MTV News about the pic during an interview this week.

"I asked someone to send me a few reactions," she says. "And I happen to know that MTV's reaction was 'meh'."

But the actress isn't worried.

"What I am happy to say is, if you didn't like the photo, you only see about a 10th of what that suit can do," she says.

"And if you did like the photo, you have excellent taste," she said during the interview.


Anne Hathaway

METRO

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Break out your high-heel pumps, your boldest lipstick or your best fedora
Banana Republic and Mad Men are teaming up to bring retro polish to the modern workplace

The designers have gone Mad!

Mad Men has gone beyond a fashion fad. The AMC show about a 1960s ad agency — in which style is as important as the characters and plot — continues to influence runways and retailers with a branded collection debuting next week at Banana Republic.

The new clothing line also provides a temporary fix for Mad Men devotees awaiting the show's return in 2012. No new episodes of the show aired this year.

The clothes are sexy, and Joanna Coles, editor-in-chief of Marie Claire, says that's one of the things that really has resonated with both viewers and shoppers. The show gives us permission to dress to impress the opposite sex — in fact it encourages it, she observes.

BANANA REPUBLIC/THE ASSOCIATED PRESS

BANANA REPUBLIC/THE ASSOCIATED PRESS

▶ The Mad Men inspired collection features a colour palette dominated by sophisticated navys, reds and blacks.

"Mad Men shows you how to look great in the workplace, and it shows you how to work it," Coles says.

It's the rare TV show that glamorizes the office and fills it with attractive people, she says: "When you look at something like The Office, no male executive wants to recreate the style of Steve Carell. No one wears lipstick at Dunder Mifflin. Mad Men makes the office a more exciting place than it often is, and Banana Republic is trying to channel that."

Madison Avenue during that era was practically a catwalk with men in three-piece suits and fedoras, and women in sheaths and high-heel pumps carrying handle-top handbags.

It's a good look – and one that people look good in, says Simon Kneen, creative director for Banana Republic. "It's about good tailoring, it's bon ton, and a little more buttoned up and polished."

But, he says, a key part of the collaboration between Banana Republic and the show's costume designer Janie Bryant was to be sure they weren't crafting costumes. The clothes are modern, with shapes and details adapted to a contemporary eye, Kneen explains.

Gone is the enhanced hourglass created with bust darts and high waistline, according to Bryant.

Fabrics have stretch and are more lightweight, and there is more consideration of comfort.

THE ASSOCIATED PRESS

"It's about good tailoring, it's bon ton, and a little more buttoned up and polished."
SIMON KNEEN, CREATIVE DIRECTOR FOR BANANA REPUBLIC

BANANA REPUBLIC/THE ASSOCIATED PRESS

▶ Channeling Don Draper today, are we?

Media a la mode

Movies and TV are not uncommon inspiration for fashion designers.

- Vera Wang had her Deadwood collection, Anna Sui mined Doctor Dolittle and Tommy Hilfiger has tapped The Royal Tenenbaums more than once.

3 life

Winehouse fashion line

Fred Perry is proceeding with plans to release fashion collections from the late Amy Winehouse. The British label said it came to the decision "after much consideration". Fred Perry will release the fall-winter 2011 range and wholesale the spring-summer 2012 Amy Winehouse for Fred Perry Collection.
THE CANADIAN PRESS

Kate joins first ladies, other royals on Vanity Fair's jet-set fashion list

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Rock your way to relaxation

Not a fan of weeding and watering? Soothe your soul with a low-maintenance rock garden

DIY IDEAS

Avoid the headache of gardening and bring some Zen to your own backyard with careful planting, specific stone choices and the creation of your own rock garden.

Derek Stearns and Dean Marsico are the hosts of Rock Solid on DIY Network Canada.

These stonemasons regularly tackle masonry projects for the yard and home — whether it's fixing a front step or creating a backyard fire pit.

Rock your world

You need to select the stone you will be using, keeping in mind to choose a variety of large and small boulders, flat stones, coloured river bed stones and flagstone.

When installing the stones, begin with the largest and heaviest.

Use crowbars and stone shims to roll these boulders into place, creating a footing so they look natural rather than sitting on ground level.

Planting ideas

Pick plants that are suitable to your local climate to complete the design of the rock garden.

Remember to choose multiple textures and colours to create an interesting aesthetic.

Once you're ready to plant, work down the landscape and scatter the various colours and textures amongst the entire space.

Walk the walk

The final touch is to create a stepping stone area through the garden that can be used to weed, water, and stroll.

Begin by placing the stones in their desired location, then trace the outline of stones with a shovel.

Remove the stone and dig out a footing before replacing it.

Lastly, add mulch to the entire area around rocks, plants and your walkway to decorate, retain water and prevent weeds.

ROCK SOLID AIRS MONDAYS AT 10 P.M. ET ON DIY NETWORK CANADA

ISTOCK

▶ Warning: Your rock garden may inspire you to drink green tea and do yoga outside.

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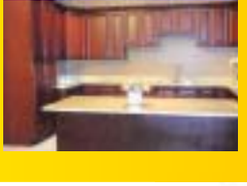

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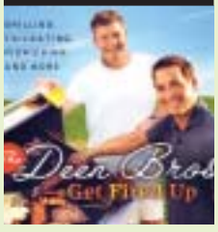
Weekly Cookbook



Cooking is that much more fun when it's done for your backyard, on the beach, at a picnic or tailgating before the big game. Jamie and Bobby Deen (along with Melissa Clark) have you covered with The Deen Bros. Get Fired Up (Ballantine Books, 2011).

Split into four sections (On the Grill, On the Field, On the Blanket and On the Beach), the release features 125 mouthwatering recipes and entertaining ideas to make outdoor dining a breeze.

Among the standouts are: Balsamic Cherry Pork Chops, Spicy Prosciutto-Wrapped Shrimp and Scallop Skewers, Steak House Burgers, and Pulled Barbecue Chicken Sandwiches.

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe serves two and takes 10 minutes to make.

▶ This recipe serves two and takes 25 minutes to make.

Summertime & the bruschetta is easy

These open-faced sandwiches are made in a few simple steps ◐ Try something new like using bananas

Banana-Manchego Bruschetta

Preparation:

1. Heat oven to 230 C (450 F). Slice banana in half crosswise; slice each piece in half lengthwise to create 4 pieces. Place banana slices in small bowl; drizzle with lime juice and olive oil. Gently toss bananas to coat, then set aside.
2. Top each slice of bread with half of the arugula; set 2 bananas slices over each. Sprinkle each with bit of cayenne and salt, then half of the cheese. Toast in oven until cheese is melted and starting to brown. Serve.

Buttery Roasted Tomato Bruschetta

Preparation:

1. Heat oven to 260 C (500 F). Cut each tomato in half top-to-bottom, then trim out stem area at the top of each half. Use fingers to scoop out and discard pulpy-watery centre of each half, then place tomatoes in medium bowl. Drizzle tomatoes with about 30 ml (2 tbsp) of oil toss to coat.
2. Arrange tomatoes on a baking sheet, then season liberally with salt and pepper. Roast for 15 minutes, or until starting to brown
3. Drizzle bread with bit of olive oil, then sprinkle half of rosemary over each. During final 5 minutes of tomatoes roasting, add bread to oven to toast.
4. Remove bread and tomatoes from oven. Use spoon to arrange 4 tomato halves over each bread slice. Sprinkle half of butter pieces over each; return bruschetta to oven for 1 minute, or until butter melts.

THE ASSOCIATED PRESS

Shopping List:

Banana-Manchego Bruschetta

- 1 large banana, peeled
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) olive oil
- 2 slices sourdough bread
- 250 ml (1 cup) arugula
- Pinch cayenne
- Pinch kosher salt
- 125 ml (1/2 cup) grated manchego cheese

Buttery Roasted Tomato Bruschetta

- 4 plum tomatoes
- Olive oil
- Kosher salt, black pepper
- 2 large slices sourdough bread
- 15 ml (1 tbsp) chopped fresh rosemary
- 45 ml (3 tbsp) butter, cut into very small pieces

A bad boy no more?

Celeb chef Gordon Ramsay tired of persona that made him famous

The man who put the "F" in food says he's tired of being recognized only as the bad boy of haute cuisine.

"I don't get judged enough for what I put on a plate," said a soft-spoken Gordon Ramsay, using none of the scorching profanity that so often reduces his TV tirades to a series of bleeps.

"I get judged more, I suppose, as a persona from TV, which is a pain in the butt, to be honest," he said on the eve of yesterday's opening of his first restaurant in Canada.

"I have three Michelin stars, which was my first-ever ambition in cooking. Today's media, it has its good parts and its bad parts but judge me on the plate, not me on the TV."

The Scottish-born Ramsay's Montreal restaurant, has been a local favourite since 1936 when it opened as Rotisserie Laurier BBQ. Its now got a new name: the Laurier Gordon Ramsay. "Montreal in many ways chose me," he said, comparing Montreal to Paris. "I fell in love with the place literally five years ago."

He had come to Quebec to shoot a documentary on wild geese and found "a stunning foodie culture evolving here."

Ramsay, who has a reputation for putting flagging restaurants back on their feet, acknowledged he felt like he'd been taken to a retirement home when he was brought to Rotisserie Laurier BBQ for lunch two years ago.

"Businesses don't survive on nostalgia," he noted, saying he's confident old customers as well as new clients will be thrilled with what he's done.

"Good comfort, done with a twist," was how Ramsay described the establishment's offerings.

While Ramsay says he's just as excited opening his Montreal restaurant as he was opening his first eateries in London and Paris, he isn't looking at setting up in any other Canadian cities just yet.

"I'm a control freak so I want to get this one right first, focus on this one, silence the critics, let them know we haven't damaged their goods," he said. "Judge the food, don't judge me."

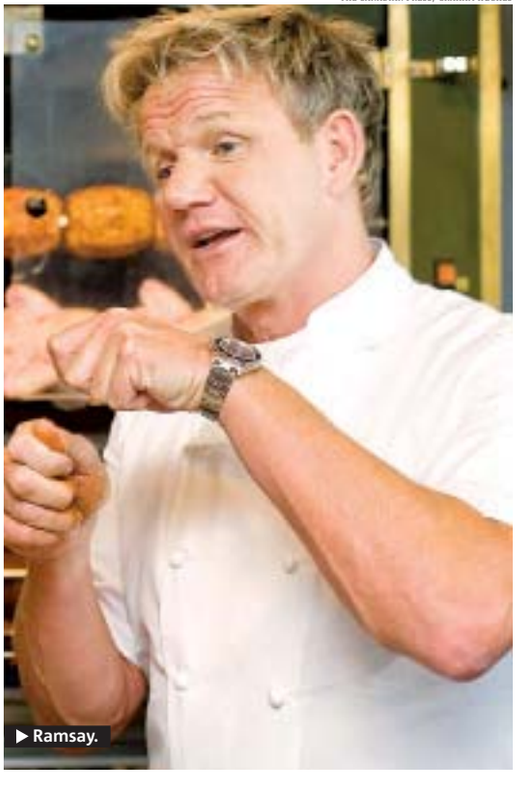
THE CANADIAN PRESS

Ramsay's eatery

Here's what you need to know about Gordon Ramsay's new Montreal restaurant.

- **Head chef**
  Guillermo Russo is a Montreal native who has worked at such eateries as Toronto's Black Hoof and Lucien and Ottawa's Aroma.
- **Renovations**
  The eatery is housed in a two-storey dining hall that's been given a newer, brighter and cleaner look.
- **Cuisine**
  The staple comfort foods like chicken and ribs and steak familiar to several generations of customers are still on the menu.

THE CANADIAN PRESS/ GRAHAM HUGHES



▶ Ramsay.

4 sports

Canadian loses to his idol

Pospisil puts up fights, but falls to Federer in Rogers Cup second round

To Canada's Vasek Pospisil it was a dream outing on the court: an ATP main-draw event, a big crowd and his boyhood idol Roger Federer standing on the other side of the net.

Federer beat the 21-year-old from Vernon, B.C., in their Rogers Cup matchup yesterday in Montreal, but the 155th-ranked Pospisil didn't leave centre court without putting up a fight. He kept the first set close at Uniprix Stadium before Federer disposed of him 7-5, 6-3.

The Swiss star, playing his first match since turning 30 on Monday, said it's not the first time he's heard of a younger opponent's admiration.

"For me it was important to have role models to look up to, such as (Pete) Sampras and (Stefan) Edberg and so forth," he said after beating Pospisil.

"It gave me a huge lift to be able to play in a big stadium against a big player — and I hope it does the same for him."

Pospisil said it felt like a dream walking onto the big stage.

"After that I concentrated on my game and I tried to forget that I was playing against Federer," said Pospisil. "At first I was a little bit nervous, for sure, but after the first couple of games I actually did calm down and I felt pretty calm out there."

Federer wasn't the only big name to survive a scare yesterday, as No. 1 seed Novak Djokovic had to storm back from a 4-1 deficit in the first set against Russia's Nikolay Davydenko to win 7-5, 6-1.

In his first ATP singles match since climbing to No. 1, the 24-year-old Serb improved his stunning 2011 record to 49-1 overall and 25-0 on hard courts.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Vasek Pospisil reacts during his match against Roger Federer yesterday.

Canadians done

The Canadian women's singles contingent is finished at the Rogers Cup after both Aleksandra Wozniak and Stephanie Dubois dropped matches in Toronto yesterday.

- Wozniak, from Blainville, Que., lost to No. 10 seed Samantha Stosur 6-3, 6-4 and has never made it past the second round in eight tries at the Rogers Cup.
- Stephanie Dubois of Laval, Que., lost 6-0, 6-0 to world No. 4 Victoria Azarenka of Belarus last night to cap Canada's hopes.
- Top-seeded Danish player Caroline Wozniacki crashed out of the tournament to Roberta Vinci, 6-4, 6-5 in the big surprise of the day.

Quoted

"It is very easy for me to remain motivated. The players keep me enthusiastic."

MANCHESTER UNITED MANAGER SIR ALEX FERGUSON, WHO THIS SEASON WILL MARK HIS 25TH YEAR RUNNING THE CLUB. THE ENGLISH PREMIER LEAGUE OPENS ITS SEASON THIS WEEKEND.

Scan code for more sports.

Jays deny sign stealing accusations

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Fans in Toronto hold up signs last night mocking accusations that the Jays have been stealing signs.

Jose Bautista wonders what it's going to be next.

"I'm intrigued to see what they're going to come up with next week or next year to try to decipher why we're playing good or why we're doing good or something," the Toronto Blue Jays right-fielder said before last night's 8-4 win against the Oakland Athletics.

The major-league home run leader was responding to an ESPN report that says at least four members of an opposing team — identified by Bautista as the Chicago White Sox — claim the Blue Jays stole signs during games at Rogers Centre.

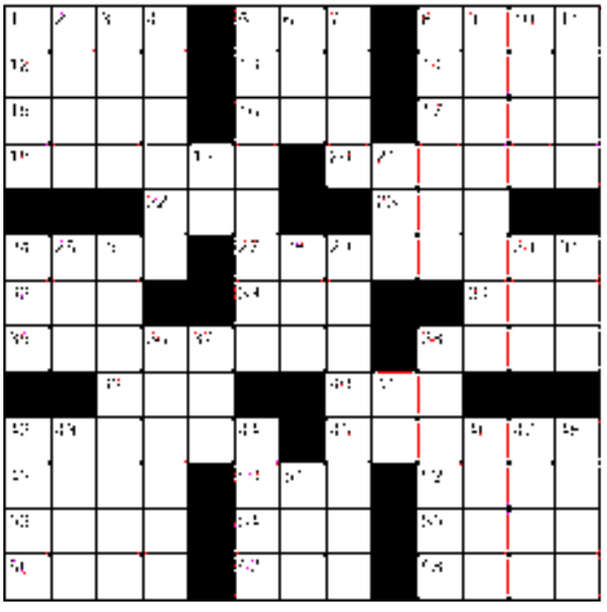
"There's zero truth to this. No one's ever contacted me. No GM has picked up the phone and called me."

JAYS GM ALEX ANTHOPOULOUS ON SIGN-STEALING ACCUSATIONS

Players in the visiting bullpen noticed a man dressed in white in the outfield in Toronto in April of 2010. According to the report, the players said the man made signals from the stands to Toronto batters, apparently alerting them to what pitch was coming.

Michael Teevan, the public relations director for Major League Baseball, said there are no clear rules when it comes to sign stealing. THE CANADIAN PRESS

Crossword



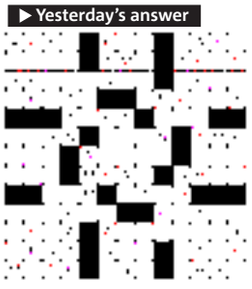
Across

1 Nitwit
5 Scatter seed
8 At the peak of
12 Grand tale
13 Literary collection
14 Actor LaBeouf
15 Options list
16 Mainlander's memento
17 Sword handle
18 Spotted cat
20 Raids
22 Branch
23 Easter entree
24 Blend together
27 Arriving
32 Conger, e.g.
33 Actress Long
34 Sister
35 "Tobacco Road" author
38 Variety of Indian ox
39 Swiss canton
40 Past
42 Mourn
45 Doctors
49 Eye part
50 Singer DiFranco
52 Slanted lettering (Abbr.)
53 "A — home is ..."
54 Barbie's companion
55 Farm fraction
56 Act the robot
57 Ram's mate
58 Masticate

Down

1 Showroom sample
2 Oil acronym
3 Eat in style
4 Eyepiece
5 Place of drudgery
6 Inseparable
7 Homeless child
8 Religious retreat
9 Vitamin B1
10 Unctuous
11 Butter squares
19 Alternatively
21 "So that's your game, eh?"
24 Moment
25 Earl Grey, e.g.
26 Light up
28 Zero
29 Poison ivy aid
30 Gist
31 Wildebeest
36 Stylish
37 Triumph
38 Astrologer's chart
41 Big name in appliances
42 Prom-goers' ride
43 Bedouin
44 Snatch
46 Target for 29-Down
47 Concern
48 Passel
51 Just out

▶ Yesterday's answer



Sudoku

2		7				9		1
	1		4		2		3	
5			9		6			4
		8	6		9	1		
		6	2		5	7		
3			1		4			8
	6		5		3		1	
4		1				3		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My All
Feelings I hold for you come straight from the core of my heart; You are my heartbeat. I truly love you and pray we be together forever. With you! **LOL**

jenilee
to my love of my life princess buko pie, i really miss you, the day is not the same without you its like peanut without butter, ham without sandwich and chicken without wings. i just want to say that i will always love you till the end of time. lov u always **ROBERT**

MADDIE Hatoner ;)
thinking of your gorgeous SMILE, hope you have an awesome day at school. YOU ARE SO STUNNINGLY BEAUTIFUL.....=)
H.BALLZ

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 16° Max 30°	Min 16° Max 27°	Min 14° Max 27°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You don't like to admit defeat but with your ruler Mars at odds with Pluto today, you may have to.

♉ Taurus April 21-May 21 A relationship that has been up and down is beginning to stabilize. Don't let minor irritations ruin it.

♊ Gemini May 22-June 21 Most likely what you thought was a problem is not a problem at all.

♋ Cancer June 22-July 22 If you feel physically and mentally exhausted, you must heed your body's warning and slow down.

♌ Leo July 23-Aug.23 People will try to play on your feelings of guilt, but you must not let them succeed.

♍ Virgo Aug. 24- Sept. 22 A problem you have been struggling with will resolve itself today and the relief you feel will be euphoric.

♎ Libra Sept. 23-Oct. 23 If you allow yourself to dwell on negative imaginings, they could so easily lead to negative events.

♏ Scorpio Oct. 24-Nov. 22 Try not to take anything too seriously today, especially if you tend to dwell on perceived slights.

♐ Sagittarius Nov. 23-Dec. 21 It's good to remind people that behind that easygoing exterior is a sensitive human being.

♑ Capricorn Dec. 22-Jan. 20 If a friend seems a bit hostile, but you must not let it get to you.

♒ Aquarius Jan. 21-Feb. 18 You have bitten off more than you can chew. Decide what tasks are worth carrying on with.

♓ Pisces Feb. 19-March 20. If you let colleagues down it will damage your future prospects.

SALLY BROMPTON

Caption contest

KAIA LARSEN, TIMES RECORD/ AP

AP PHOTO

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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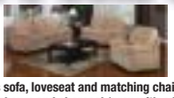
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